

Contact us

Children's Physiotherapy Direct

Tel: **0300 421 6980**

www.ghc.nhs.uk

0-16 years (or 16-18 in full-time education).

Open Mon-Fri (excluding bank holidays) 9am-12pm.

Gloucestershire Podiatry Service

Appointments and enquiries

Tel: **0300 421 6980**

podiatry.appointments@ghc.nhs.uk

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health and adult social care services, you can contact one of the advisers from our Service Experience team.

All enquiries are completely confidential. You can contact us between 9am-5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

Telephone: **0300 421 8313** (answerphone available outside office hours)

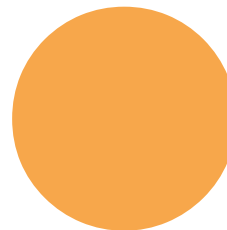
Email: **experience@ghc.nhs.uk**

Write to: **Patient and Carer Experience Team,
Gloucestershire Health and Care
NHS Foundation Trust, Edward Jenner
Court, 1010 Pioneer Avenue, Gloucester
Business Park, Brockworth,
Gloucester GL3 4AW**



**Gloucestershire
Health and Care**
NHS Foundation Trust

First Shoes



Information for patients

First Shoes

Children's feet grow very quickly and it's important that the bones grow straight. Therefore, choosing the correct fitting footwear is essential during this stage of development.

There is no need to put your child in shoes until they can walk. You may wish to buy soft shoes. These help to protect the feet and keep them warm when outside.

The facts

As the foot and leg grows and develops, it undergoes various changes that may worry parents. However these are often due to normal developmental change and will usually correct itself over time. Appearance may include:

- Flat feet
- Bow legs
- Knocked knees
- Toe walking
- Feet pointing inwards (in-toeing)
- Feet pointing outwards (out-toeing)
- Overriding toes

Tips for healthy feet

- Measure your child's feet every six to eight weeks to make sure their toes have room to move. If your child's shoes are too tight they could stop the foot from growing correctly by preventing movement.
- Where possible shoes made of natural materials can prevent perspiration which may cause fungal infections and blisters.
- Shoes with a lace, buckle or Velcro fastening hold the heel in place and stop the foot slipping forward.
- To accommodate growth, shoes should have a one-centimetre gap between the longest toe and the end of the shoe. The shoe should also be wide enough for all the toes to lie flat.
- Your child's heel should not lift out of their shoe when walking.
- Most minor foot problems in children correct themselves, but talk to your GP (doctor) if you are worried.

